

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 118 - Abundant-Life Saboteur: Striving

The definition of striving is to make great efforts to achieve or obtain something; to struggle or fight vigorously for ambition. We are striving to be someone, striving to get somewhere, striving to do something, striving to look a certain way, striving to obtain something, striving to prove something, striving to validate the breath that we breathe and the space we take up on the earth on any given day.

1) Where do you notice that you’re striving?

The reason striving sabotages the abundant life is because it’s usually based on a false identity. In the episode, I mentioned that I had lost my identity. In my efforts to find it, one thing that I had discovered about myself was that I was task-oriented and purpose-driven who was more comfortable as a human-doing than a human-being.

2) In what ways would you describe your identity?

It was difficult for me to rest, much less to learn to find rest in God, because of all the striving.

3) What does striving make you do or keep you from doing?

Putting trust in God and following where His grace takes us creates Faith-Rest. This is what creates a strong root of identity because your worth as human being is wrapped up in the very fact that God loves you, chose you, calls you His treasure and His child, and sent His Son to die for you.

4) Where do you get your rest and strong root of identity?

The Bible says in Psalm 139 that God created you; that He knitted you together in your mother’s womb; He said that you are fearfully and wonderfully made. He made you uniquely and individually. You are perfectly and wonderfully whole, valuable, and worthy just as you are today.

Even if you’ve heard that or read that in the Bible before, you will only truly know and receive it as fact if you’ve sat with God and let Him pour His love over you. Let Him tell you how valuable and lovely He thinks you are. Just as you are. Just being. No striving.

5) Use this space to ask God to show you your identity, value, and worth as His child. Ask Him to give you rest from striving to prove yourself. And then be sure to quietly listen for what He has to say back to you and record it here. Sit with Him a while and let Him pour His love over you. He certainly wants to.

If you find yourself striving and you’d like some help, I’d love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.